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## **Free forum – “Exercise your brain: Keep on top of things...”**

Do you find yourself experiencing more of those “senior moments?” You’re not alone, and help is available. Local experts on memory and the aging brain will discuss ways to keep the mind active and healthy at a free community forum that will be held on Wednesday, May 7 from 10:30 a.m. to noon at Senior Friendship Centers, Inc. located at 1888 Brother Geenen Way in Sarasota.

As people are faced with more complex issues associated with daily living that accompany aging, take increasing numbers of medications to manage chronic diseases, and live in a faster paced world, the mind is called upon to process a lot of information. Research shows that when older adults read, stay abreast of current events, and challenge their mind on a daily basis the brain performs better.

The forum, which includes a panel of local experts, will help older adults understand how the mind works and learn ways to exercise their mind. Featured speakers include Alan B. Grindal, M.D., Amy Weinberger, Kathleen Houseweart, MBA, and Harriet Pearson.

Dr. Alan B. Grindal is a board certified Neurologist and Fellow of the American Academy of Neurology. He is currently a consultant to the Memory Disorder Clinic at Sarasota Memorial Hospital. He will speak on the aging brain. Amy Falk Weinberger, Founder and CEO of The Thinking Center and The GAP School, which has guided learning changes for over 3,000 students, families, and teachers locally, regionally, nationally and internationally will speak on verbal memory, inductive reasoning and processing speed. Kathleen Houseweart is coordinator of the Memory Disorder Clinic at Sarasota Memorial Hospital and will share information on cognitive impairment, diagnosis and what is available at Sarasota Memorial Hospital. Harriet Pearson teaches a "Mind your Mind" class at Senior Friendship Centers and will conduct some brain exercises for the audience.

The program will also include the preview of a new public service announcement (PSA) that will be available to local media summarizing the information presented in this community forum. This program is part of a series of ongoing educational presentations designed to empower seniors toward healthier lifestyles. Program sponsors include Senior Friendship Centers, Inc. and Sarasota County Government and its Seniors Advisory Council.

For more information, call Senior Friendship Centers at 941-955-2122.

**MEDIA NOTE:** [Click Here to view PSA](#)

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